

## Experiences Related to Addictions

*This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.*

Alcohol and drug abuse led to a very long, downhill slide. She began listening to *Hemi-Sync* and found herself making better choices, about little things and big things, on a daily basis. After a while it became apparent that her whole lifestyle had turned around. *Deep 10 Relaxation* was her favorite tape for nighttime use, and she listened to *Remembrance* during the day.

\*\*\*

All of our patients have successfully quit smoking and all report that the *De-Hab* tape is a key factor. The tape is also something they can review when necessary to reinforce their belief that they are indeed nonsmokers.

\*\*\*

Report from the attending physician at a rehabilitation center for alcohol and drug abuse: I introduced *Hemi-Sync* as an adjunct to a traditional twelve step treatment program, with results that suggest a substantial increase in recovery for addicted patients using *Hemi-Sync*. Direct action of *Hemi-Sync* on the brain provides an excellent therapeutic tool. The experience of positive states of mind, not achieved by alcohol or drugs, reinforced the patient's ability to cope with stress and the craving for alcohol and drugs.

\*\*\*

We started with the Prep side of H+ *De-Tox: Body* and *Let Go* and have not had a joint in two months. The tapes worked very well together, but I liked *De-Tox: Body* the best.

\*\*\*

I've been working with the *De-Hab* tape to cut back on my smoking habit. During the first week I went from an average of 10 to 12 packs a week to 7 packs. Now I'm down to 3-4 packs a week, and feel really good about it.

\*\*\*

I was telling a friend about my discouragement over several failed attempts to stop smoking. She turned me on to *Hemi-Sync* and—smart lady that she is—suggested I start with the *Catnapper* tape to learn the effectiveness of the Monroe method through my own experience. After a week of marveling at the restful breaks the tape provided in my busy days, I knew I had finally found the tool that would help me quit, and ordered *De-Hab*. It sure helped to have those cues when the urge to smoke was strong, and I continued to use *Catnapper* to help me handle the big change in my life.

\*\*\*

For most of my adult life I've been a two-pack-a-day smoker, and smoke even more as a response to the stress and discomfort of having MS. I started to cut down with the use of *Möbius West* and soon cut back to four cigarettes a day.

\*\*\*

I was introduced to *Hemi-Sync* during the early stages of my recovery from drug and alcohol addiction. My counselor and I both agree that the tapes made a positive impact with the recovery process. I listen to *De-Hab* and *De-Tox: Body* to aid in replacing old emotional and physical patterns with healthier ones. *Morning Exercise* gives me an optimistic outlook to begin my day with, and *Deep 10 Relaxation* really helps me deal with stress related issues. Your tapes have been a strong source of support in my new life.

\*\*\*

Although I have been drug and alcohol free for several years, I still have difficulty with negative thought patterns creeping in. The *Reset* and *De-Hab* tapes have helped me to quickly change my attitude at times when I need to most.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.  
© The Monroe Institute